Youth Suicide Prevention

Phone: 515-281-8802
www.idph.state.ia.us/bh/suicide_prevention.asp
www.yourlifeiowa.org

Promoting & Protecting the Health of Iowans

IDPH Iowa Department of Public Health

"My close relative, Michael, was Mr. Popularity – a football star, idol and heartthrob – all through high school. All the guys wanted to be him and all the girls wanted to date him. Mike was also Mr. Comedy and cracked me up a million times throughout the too- few years he was with us. After graduating from college, Mike had a few successful careers, including one that allowed him to use his amazing artistic talents. On my 10th birthday, he cheered me up (I was upset about getting braces) by drawing caricatures of popular singers and making jokes. I have no doubt that, with his talents and terrific personality, Mike would have contributed so much more to our family and to the world. Unfortunately, for reasons I'm unaware of, he did not have consistent treatment for his bipolar disorder. So his condition worsened, leading him to take his life at the age of 36. Michael had a long, wonderful life ahead of him. He should be here to celebrate the joys of life with us – joys that are bittersweet now that he is gone. He should be here to help us through the tough times. He should be here to help us create more special memories. Too Few Years, Too Few Memories"

-Shauna Moses

Did you know?

In 2012, 381 Iowans lost their lives to suicide, and 32 of those deaths were teens.
Suicide was the 2nd leading cause of death for Iowans ages 15 to 34 between 2001-2010.

Why is Youth Suicide Prevention important to promoting and protecting the health of Iowans?

- Suicide is not only the 2nd leading cause of death for Iowans ages 15 to 34; it results in thousands of friends and families left behind to try to make sense of their loved one's tragic death.
- For every suicide death in 2011, there were an estimated 6 hospitalizations. Three-fourths of suicides are completed by firearm or hanging. Almost all (94%) hospitalizations following a suicide attempt were due to medication or poisoning.
- Three percent of Iowa youth in 6th, 8th or 11th grade report they attempted suicide in the past 12 months. Thirteen percent had serious thoughts of suicide (2012 Iowa Youth Survey)
- Suicide is a preventable cause of tragic death and injury. It is estimated that 90% of those who died by suicide had a diagnosable mental health problem such as depression or bi-polar disorder.

Which Iowa Public Health Goals are we working to achieve?

Prevent injuries

Promote healthy behaviors

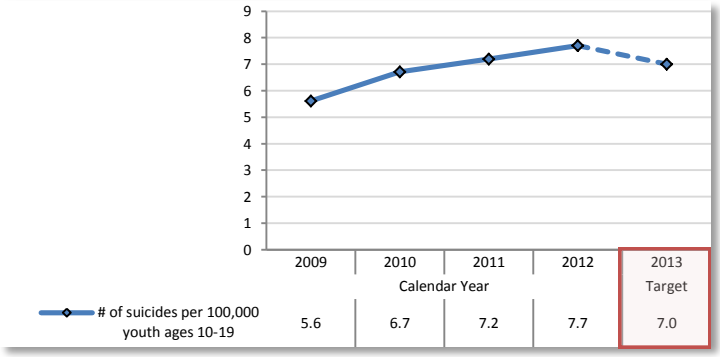
What do we do?

Your Life Iowa is a resource where youth, parents and school personnel can get immediate help and information about bullying and youth suicide. Program components include:

- **Toll Free Telephone Hotline** is available 24/7 to provide information, brief counseling and information about local resources. The Hotline number is ***(855) 581-8111***
- **Web Site** with information and resources about bullying and youth suicide prevention. The web address is yourlifeiowa.org.
- **Texting / Short Message Service (SMS)** offer a timely and relevant way to get help. Texting is quickly becoming the chosen way to communicate, especially among youth. Text **"talk" to 85511**

How do we measure our progress?

❶ **Number of Iowans age 19 & under who have died from suicide (per 100,000 youth ages 10-19).**



Data Source: IDPH Vital Statistics. Data are available annually.

How are we doing? The youth suicide rate fluctuates from year to year due to many variables. Unfortunately, Iowa experienced an increase in suicides since 2009. The 2012 youth rate is 7.7 per 100,000 youth ages 10-19.

What can Iowans do to help?

1. Your Life Iowa can provide information, support and resources at yourlifeiowa.org or by calling ***(855) 581-8111.***
2. Go to www.outofthedarkness.org/ to find out where to attend or how to organize a suicide awareness walk in your community.
3. Take comments about suicide seriously and support others efforts in seeking help for depression and suicidal thoughts. Go to www.afsp.org/preventing-suicide/find-help to learn more.
4. Program the National Suicide Lifeline Hotline number (800-273- 8255) into your cell phone and call if you're concerned about yourself or someone else. Go to www.suicidepreventionlifeline.org for more support.
5. Learn about the warning signs of suicide at www.suicidology.org/resources/mutlimedia-resources/suicide-warning-signs.

Expenditures

General fund & Federal funds: K05-0653; K65-6501; 0153-0694

	State Fiscal Year 2012 Actual	State Fiscal Year 2013 Actual	State Fiscal Year 2014 Estimate
State funds	$0	$49,517	$50,000
Federal funds	$0	$0	$426,782
Total funds	**$0**	**$49,517**	**$476,782**
FTEs	0.00	0.00	0.00

Note: Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.

Iowa Department of Public Health ◆ Division of Behavioral Health ◆ Youth Suicide Prevention

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